

# THE WELLNESS REPORT:

## ABUNDANT HEALTH IS A REASON TO GIVE THANKS

**BROOKFIELD CHIROPRACTIC**

VOLUME 1 ISSUE 11 NOVEMBER 2012

### A WORD FROM THE DOCTORS

Dear patients and friends,

Our office always seems to get busy just before the holidays. We haven't figured out exactly why, but if we had to guess, we'd say that it's because most people want to continue enjoying vibrant health throughout the holiday season.

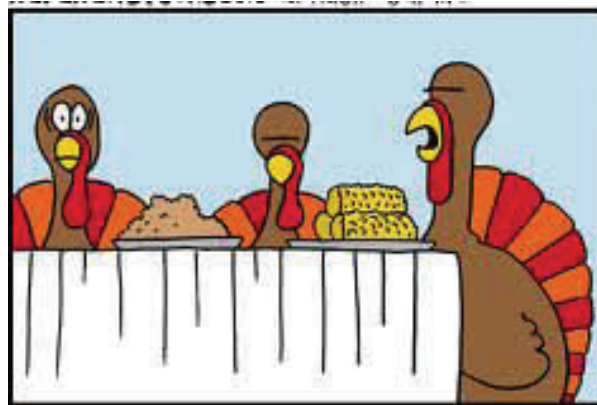
Being sick, sniffly, and "out of it" during the holidays is a bad deal.

If you've been a patient of ours for any significant period of time, you probably already know that getting adjusted is **ONE OF THE BEST WAYS TO BOOST YOUR IMMUNE SYSTEM** so that your body can ward off all those nasty little germs you're coming into contact with each day. There are

volumes of research supporting the link between the immune system and the nervous system, which is directly affected by a chiropractic adjustment.

We want to wish you and your family a very Happy Thanksgiving!

*-The Doctors of  
Brookfield Chiropractic*



WE GIVE THANKS FOR ALL THE BOUNTY THAT FARMER BOB HAS BLESSED US ALL WITH THESE PAST FEW MONTHS

### WHAT'S HAPPENING THIS MONTH

**November 2012**

Su	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- **November 1st– 6:30 PM**  
Dinner With the Docs at Charcoal Grill New Berlin. Help us change lives!
- **November 22nd**  
Office Closed - Happy Thanksgiving!!

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### ANNOUNCEMENTS

#### Doctors With a Heart Program

During November, our doctors will donate a turkey to the local food shelf for every new patient that comes into the office in November! Our goal is 22 new patients. When this goal is met, we will donate an additional 20 turkeys. Please help those you know find health during this stressful time of the year. Let's make a difference in the health of your family and friends and benefit our local community.

**How would YOU like to win a \$100.00 Visa gift card in time for Christmas shopping?** If you bring guests with you to our dinner talk on November 1st at the Charcoal Grill we will give you extra raffle tickets for the gift card. Ask your doctor for more details!

## WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN NOVEMBER ?

- Dr. Herrle is going to do some home projects like organizing his basement workshop.
- Dr. Christiansen is going to cook the turkey for Thanksgiving this year!
- Dr. Matzke is looking forward to trying out a new turkey recipe for Thanksgiving. Feel free to tell him any good ones you may have.
- Dr. Schilder is looking forward to spending time with his family and eating entirely too much food on Thanksgiving!
- Shay is looking forward to planning a trip up north and wants to get all of her Christmas shopping done, too!
- Mary is busy getting her yard ready for winter and planting spring bulbs. She loves the fall colors but not the snow that follows!
- Jamie is attending the Exercise Rehabilitation seminar in Appleton. She is learning about different types of screening and stretches for patients to make them feel better! She is looking forward to starting the Exercise program when she is certified.
- Ashley is excited to start her training to become a certified Chiropractic Radiology Technician. She is also looking forward to hosting her very first Thanksgiving with the help of her sister.
- Amanda is looking forward to planning out her holiday cooking and baking, spending time with her family, and putting up her Christmas tree early enough for everyone to think she is crazy.

## SHOCK ABSORBERS OF THE SPINE (THANKS, PERFECT PATIENTS)

They bulge, herniate, degenerate and tear, but they don't "slip." Discs serve as the "shock absorbers" of your body.

Separating each vertebra, they create the space for nerves to exit the spinal cord and so you can turn and bend. Rings of fibrous tissue called the annulus contain a soft jelly center.

**Bulging Disc:** A weakened area of the annulus allows the soft center of the disc to bulge out, putting pressure on nearby nerves. Bulging discs usually respond well to chiropractic care, often eliminating the need for surgery.

**Herniated Disc:** A herniated or ruptured disc is more serious. It seems most common in the lower back. This

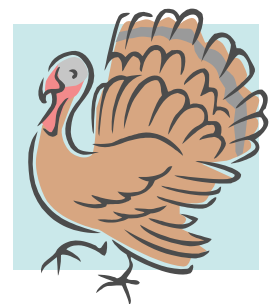
is when part of the soft center pushes out through a weakened area due to trauma or degeneration, putting pressure on the spinal cord.

Chiropractic care, along with walking, increased water intake and improved nutrition offer a natural, non-surgical resolution for many disc problems.



## FUN TURKEY FACTS

- The average weight of a turkey purchased at Thanksgiving is 15 pounds.
- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat.
- Turkey has more protein than chicken or beef.
- Turkeys will have 3,500 feathers at maturity.
- Male turkeys (called toms) gobble. Hens (female turkeys) do not. They make a clucking noise.
- Commercially raised turkeys cannot fly.
- Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys died of heart attacks.
- A large group of turkeys is technically referred to as a "rafter".
- Turkeys have poor night vision.
- Baby turkeys are called poults.



## IN THE KITCHEN WITH DR. HERRLE: BAKED BROCCOLI



**Total prep time:** 30 min.

**Level:** easy

**Serves:** 8

**Ingredients:**

- 1/4 cup olive oil
- 2 Tblsp brown sugar

- 1 1/2 Tblsp lemon juice
- 1/2 tsp cayenne pepper
- 1/2 tsp garlic powder
- 1/2 teaspoon dried oregano
- 1/2 tsp dried thyme
- 1 pinch sea salt
- 1 pinch black pepper
- 2 lbs broccoli florets

**Directions:**

- 1 Preheat oven to 350 degrees

2 In a bowl mix together the olive oil, brown sugar, lemon juice, cayenne pepper, oregano, thyme, salt and black pepper until thoroughly combined. Add the broccoli florets and toss until evenly coated with the seasoning. Spread the broccoli onto a baking sheet with a rim.

3 Bake in a preheated oven until the broccoli is just browned on the top, 10-15 minutes.

**HEALTH BENEFITS OF BROCCOLI**

Broccoli's noteworthy nutrients include [vitamin C](#), [vitamin A](#) (mostly as beta-carotene), [folic acid](#), [calcium](#), and [fiber](#). Broccoli is an important calcium source for those who don't consume dairy products. Calcium does more than build strong bones. Research shows that this mineral may play a role in the control of [high blood pressure](#), and it may work to prevent [colon cancer](#).

## MANAGE STRESS, MANAGE WEIGHT (THANKS, PERFECT PATIENTS)

You've just lost your job, your daughter came home with pink hair, the debt pile is getting higher and higher and your son needs braces on his teeth. So... do you run to or away from the fridge?

It's a fact, people who are under a lot of stress tend to do one of two things – either they eat more or they eat less. But despite what they do, more often than not, people under stress gain weight!

The body's response to stress is a release of adrenaline which triggers the "fight or flight" response in your body. You're highly energized to either fight the immediate danger (stress) or run away from it! Another hormone, known as corticotrophin releasing hormone (CRH) is released at the same time, along with cortisol. These elevated levels of adrenaline and CRH decrease your appetite at first, but unfortunately, this response is short-lived.

The purpose of cortisol is to increase your appetite after an immediate danger (stressor) has passed. The trouble is, with chronic stress, your body is in a perpetual state of "fight or flight," meaning more and more cortisol is being produced, thereby increasing your appetite. And even if you don't eat more... the mere presence of this hormone slows down your metabolism and tends to cause fat retention, especially around the midsection!

So... what can you do when stressed to combat weight gain?

- **Get proper rest** – cortisol levels rise when you lose sleep and you may feel hungrier than you would with proper rest!
- **Take a walk** – even if it's only for 15–20 minutes several times a week. Exercise releases "good" hormones that make you feel better and reduce stress and it

burns calories – so it offers 2-for-1 benefits!

- **Eat six smaller meals a day and keep the diet healthy!** This helps keep your blood sugar (insulin) and cortisol levels in check.
- **Find ways to relax** – yoga, meditation, sitting on a beach, reading a good book, watching a film – this works like exercise to reduce stress by producing positive brain chemicals!
- **Laugh** – no matter what – always find reasons to laugh! Watch a funny video, go out with friends you enjoy – laughing also releases the "good" brain chemicals that relieve stress.

Just keep in mind, nothing lasts forever. There's a saying, "This too shall pass." The stress will go away eventually, that is for sure. Just try to minimize the weighty effects it can have on you while it's around!

# BROOKFIELD CHIROPRACTIC

15010 W. Greenfield Ave.  
Suite #100  
Brookfield, WI 53005  
www.brookfieldchiropractic.net

Phone: 262.754.5500  
Fax: 262.754.5501  
E-mail: doctors@brookfieldchiropractic.net

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ADJUST YOUR MIND.  
ALIGN YOUR BODY.  
ENJOY YOUR HEALTH.

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## OUR MISSION

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Built on a foundation of teamwork and leadership, Brookfield Chiropractic brings to the community quality customer service, excellent value, and education. We have gathered a team of qualified, well-trained, and caring staff. We offer clinically skilled doctors and implemented systems through planning and hard work. Our goal is to achieve consistent quality chiropractic care to improve the health of our community. We deliver timely service in a professional manner focused on functional and structural correction to allow our practice members to live their lives to the fullest.

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## TESTIMONIALS

*“Thanks, Dr. Herrle, for getting me off of my statin drugs. My legs were getting weak and I was unable to walk any distance. I now feel great and am getting a spring back in my step.”* -Linda C.

*“Within a week of seeing Dr. Matt, my hearing got better, my headaches were gone, and I feel like a new person.”* - Ed D.

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## THANKS FOR SPREADING THE WORD ABOUT HEALTH IN OCTOBER!

- |              |                |              |
|--------------|----------------|--------------|
| •Randy W.    | •Traci R.      | •Todd. R.    |
| •Erica C.    | •Rick S.       | •Mary Ann N. |
| •Nicole C.   | •Denette N.    | •Dr. Toth    |
| •Jamie B.    | •Dawn V.       | •Caroleen R. |
| •Neil M.     | •Marge O.      |              |
| •Dr. Stewart | •Dr. Hollowell |              |

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## SUPPLEMENT OF THE MONTH: DIGESTIVE ENZYMES

Do you ever feel bloated and/or have stomach discomfort after eating? With Thanksgiving right around the corner, now is a good time to consider the benefits of digestive enzymes.

Digestive enzymes aid in the absorption of nutrients and assist in the breaking down of the food particles you eat. This process allows the food that you eat to be used as energy, to support the building of new muscle and nerve cells, as well as protecting your blood from toxins. Inadequate enzyme production can lead to digestive discomfort, gas, bloating, low

energy and allergy-like reactions to food. The three main categories of digestive enzymes are amylase, protease and lipase.

Amylase is needed to break down carbohydrates, including whole grains, white flours, sugars and starchy vegetables. Protease helps you to digest protein. Lipase is what allows your body to properly digest fat. A good digestive enzyme supplement addresses all of these.

We have this supplement in stock in the office. Stop by today to pick up a bottle and start digesting your food better!

